

NUTRITIONAL INFORMATION

FOR USE IN EUROPE LOCATIONS ONLY

	Energy, kJ	Energy, kcal	Total fat, g	of which Saturated, g	Carbohydrates, g	of which Sugars, g	Fibre, g	Protein, g	Salt, g	Average portion size (g)	Energy, kJ	Energy, kcal	Total fat, g	of which Saturated, g	Carbohydrates, g	of which Sugars, g	Fibre, g	Protein, g	Salt, g	
	Typical values per serving										Typical values per 100g									
MEAT																				
Bacon (2 pieces)	315	76	5.46	2.10	0.6	0.1	0.1	6.2	0.64	14	2252	542	39	15	4	0.5	0.5	44	4.6	
Beef Burger Patty	812	195	14	5.59	0.1	0.1	0.3	18	0.13	67	1212	291	21	8.34	0.1	0.1	0.5	27	0.19	
Hot Dog	793	192	15	6.38	2.1	0.4	0.4	11	1.37	76	1044	252	20	8.4	2.8	0.5	0.5	14	1.8	
BUN																				
Burger Bun	1001	238	7.52	2.57	37.6	6.2	1.4	6.0	0.49	77	1300	309	9.76	3.34	49	8.04	1.82	7.8	0.64	
Hot Dog Bun	908	215	6.72	2.26	34	5.9	1.2	5.3	0.47	70	1298	308	9.61	3.24	49	8.49	1.73	7.61	0.67	
FRIES - COOKED IN PEANUT OIL																				
Little FRIES	2888	694	41	5.63	74	1	6.7	10	1.11	256	1128	271	16	2.2	29	0.4	2.6	4.1	0.43	
Reg FRIES	4670	1122	66	9.11	120	1.7	11	17	1.79	414	1128	271	16	2.2	29	0.4	2.6	4.1	0.43	
Large FRIES	6204	1491	88	12	160	2.2	14	23	2.38	550	1128	271	16	2.2	29	0.4	2.6	4.1	0.43	
Cajun Seasoning	84	20	0.32	0.06	2.9	1.1	0	0.8	1.16	7	1199	287	4.6	0.8	42	15	0	12	16.5	
TOPPINGS																				
BBQ Sauce	86	20	0.08	0.02	4.1	3.9	0.4	0.2	0.35	15	575	136	0.5	0.1	27	26	2.6	1.5	2.3	
Cheese (1 Slice)	266	64	4.94	3.23	1.1	0.8	0.0	3.6	0.76	19	1400	337	26	17	6	4	0	19	4	
Green Peppers	7.1	1.6	0.02	0.01	0.4	0.2	0.1	0.1	0	8	89.2	20	0.2	0.1	4.6	2.4	1.7	0.9	0.01	
Grilled Mushrooms	51	12	0.13	0.03	2	0.4	0.7	1.0	0.23	32	160	38	0.4	0.1	6.4	1.3	2.2	3	0.73	
Hot Sauce	8.6	2.0	0.05	0.01	0.1	0.0	0.1	0.2	0.67	8	107	25	0.6	0.1	1.8	0.3	1.5	2.5	8.4	
HP Brown Sauce	52	10	0.01	0.01	2.8	2.3	0	0.1	0.13	10	517	102	0.1	0.1	28.3	23	0	0.9	1.3	
Jalapeno Peppers	3.9	0.9	0.03	0.01	0.5	0.3	0.2	0.1	0.02	7	55	13	0.4	0.1	7.0	4.1	2.8	0.9	0.25	
Tomato Ketchup	61	14	0.01	0	3.2	3.2	0	0.2	0.25	14	435	102	0.1	0.0	23.2	23	0	1.2	1.8	
Lettuce	9.2	3	0.02	0	0.3	0	0.2	0.1	0	16	57.5	19	0.14	0.0	1.8	0	1.2	0.9	0.03	
Mayonnaise	466	113	12	1.95	0.3	0.3	0	0.2	0.20	15	3104	754	82	13.0	2.2	2.2	0	1.2	1.3	
Mustard	19	4.5	0.23	0.05	0.3	0.05	0.2	0.3	0.17	6	311	75	3.89	0.8	4.3	0.85	2.68	4.24	2.78	
Onions	33	8	0.08	0	1.8	1	0.5	0.3	0	25	133	32	0.3	0.0	7	3.8	2	1.2	0.01	
Grilled Onions	46	11	0.11	0.04	2.5	1.5	0.8	0.4	0	27	170	40	0.4	0.1	9.3	5.5	3	1.4	0.01	
Pickles	9.2	2.2	0	0	0.4	0.2	0	0	0.48	20	46	11	0	0.0	2.2	1	0	0	2.4	
Relish	65	15	0.04	0.02	3.5	2.9	0.1	0.1	0.14	10	653	154	0.4	0.2	35.1	29	1.2	0.4	1.4	
Tomatoes	26	6.0	0.04	0	1.3	1.3	0.4	0	0	43	61	14	0.1	0.0	3.0	3	1	0.1	0.01	
MILKSHAKES (MIX-INS) - amount of individual mix-ins may vary depending upon number of mix-ins included in shake																				
Five Guys Milkshake Base	2879	690	36	23	80	78	0.4	9.2	0.52	401	718	172	9	5.8	20	20	0.1	2.3	0.13	
Whipped Cream	369	88	9.10	6.76	0.8	0.8	0.0	0.6	0.02	26	1418	339	35	26	3	3	0	2.3	0.08	
Banana	679	158	0.96	0.32	37	35	0.5	0.4	0	80	849	198	1.2	0.4	46	44	0.6	0.46	0	
Chocolate	769	184	2.8	2.1	41.4	30.4	3.3	2.6	0.5	69	1115	266	4	3.1	60	44	4.8	3.8	0.7	
Oreo® Cookie Pieces	503	120	5.0	2.45	17	9.5	0.6	1.3	0.23	25	2010	480	20	9.8	69	38	2.5	5	0.9	
Peanut Butter	1444	348	28	4.3	7.8	3.7	2.0	15.1	0.9	56	2579	622	50	7.6	14	6.6	3.6	27	1.6	
Salted Caramel	869	208	0.5	0.3	50.3	38.2	0.1	0.7	0.6	67	1297	310	0.7	0.4	75	57	0.2	1	0.95	
Strawberry	402	94	0.16	0.08	23.2	23.2	0.7	0.3	0.02	80	503	118	0.2	0.1	29	29	0.9	0.43	0.03	
Lotus Biscoff® Cookie Crumbles	610	145	5.70	2.40	22	11	0.4	1.5	0.06	30	1297	310	0.7	0.4	75	57	0.2	1	0.95	
Popcorn - Sweet and Salted Popcorn Pieces in Popcorn Flavoured Syrup	467	110	0.6	0	26	24	2.0	0.8	0	41	1140	269	1.5	0	64	59	3.9	1.8	0.03	
OTHER ITEMS																				
Bulk Peanuts without shell											2462	594	43	7	25	<1	11	25	1.86	
DRINKS (FREESTYLE AND BOTTLED) - Please Ask to Check the Freestyle Machine Screen and/or the Bottle Label																				

Nutrition Information provided is based on representative values provided by suppliers, published resources, analysis using industry standard software and testing conducted in accredited laboratories. Five Guys cannot guarantee the nutrition information provided is fully accurate as it relates to the prepared menu items in all of our restaurants. Our menu items are made to order by hand. This may cause slight variation in serving sizes which may affect the nutrition values for each product.

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